



28 Day Balanced 2200 Calorie Meal Plan PDF (Week 3)

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EXERCISE
with Style

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EXERCISE WITH STYLE

How To Use Our Meal Plans

You can repeat the same day for several days if you like.

You can make changes within the same day. For example, you can switch Monday's lunch and dinner. Or, have the afternoon snack in the morning. But, what you can't do is switch meals from different days. For example, switch Monday's lunch for Wednesday's lunch. This can change the calorie and macro distribution for the day.

Leftovers appear "greyed out" on your planner and can be a fast and easy way to prep meals for future meals.

Get a customized road map from me personally.

As a side note, if you're serious about taking your health and nutrition to the next level; every month I offer a limited number of 1-on-1 calls where I give you personalized insights and actionable advice.

We'll take what you're learning here and turn it into a **customized nutrition plan tailored to your unique goals, lifestyle, and preferences.**

In addition, I can also answer any questions you have about my 3 month 1-on-1 program if I have spots available. [You can book a call with me here.](#)

If you have any question about your meal plan please email me at brenda.peralta@exercisewithstyle.com

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This is particularly true if you are prone to injuries, pregnant or nursing or if you have a family history of high blood pressure or heart disease. You should also consult a licensed health care professional prior to beginning this or any other program if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity. You should also consult with a licensed health care professional if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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MON



BREAKFAST
Smashed Edamame & Mushroom Sandwich



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Halloumi & Olive Spaghetti



SNACK 2
Roasted Chickpeas



DINNER
Chickpea & Tofu Curry

TUE



BREAKFAST
Smashed Edamame & Mushroom Sandwich



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Chickpea & Tofu Curry



SNACK 2
Roasted Chickpeas



DINNER
Fiddlehead & Edamame Pesto Pasta

WED



BREAKFAST
Smashed Edamame & Mushroom Sandwich



SNACK 1
1.5 Blueberry Cobbler Smoothie



LUNCH
Fiddlehead & Edamame Pesto Pasta



SNACK 2
Roasted Chickpeas



DINNER
Green Poutine

THU



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
0.5 Cheesy Black Bean Toast



LUNCH
Green Poutine



SNACK 2
Whole Wheat Chickpea Wraps



DINNER
Tahini, Quinoa & Roasted Veggie Bowl

FRI



BREAKFAST
Scrambled Eggs with Toasted Bagel & Peach



SNACK 1
Cheesy Black Bean Toast



LUNCH
Tahini, Quinoa & Roasted Veggie Bowl



SNACK 2
0.5 Whole Wheat Chickpea Wraps



DINNER
Kimchi, Egg & Rice Bowl

SAT



BREAKFAST
Banana Chocolate Protein Smoothie



SNACK 1
1.5 Cheesy Black Bean Toast



LUNCH
Kimchi, Egg & Rice Bowl



SNACK 2
0.5 Whole Wheat Chickpea Wraps



DINNER
Farro, Chicken & Tzatziki Meal Prep Bowls

SUN



BREAKFAST
Banana Chocolate Protein Smoothie



SNACK 1
Cheesy Black Bean Toast



LUNCH
Farro, Chicken & Tzatziki Meal Prep Bowls



SNACK 2
Whole Wheat Chickpea Wraps



DINNER
Spicy Shrimp Sushi Bowls

MON

FAT 30% CARBS 49% PROTEIN 21%

Calories 2260
Fat 78g
Carbs 279g
Fiber 56g
Sugar 62g
Protein 120g
Cholesterol 90mg
Sodium 2202mg
Vitamin A 3488IU
Vitamin C 77mg
Calcium 1683mg
Iron 29mg

TUE

FAT 28% CARBS 51% PROTEIN 21%

Calories 2179
Fat 70g
Carbs 286g
Fiber 56g
Sugar 61g
Protein 114g
Cholesterol 27mg
Sodium 1506mg
Vitamin A 7445IU
Vitamin C 95mg
Calcium 1168mg
Iron 29mg

WED

FAT 29% CARBS 51% PROTEIN 20%

Calories 2184
Fat 72g
Carbs 285g
Fiber 52g
Sugar 49g
Protein 113g
Cholesterol 27mg
Sodium 1730mg
Vitamin A 15018IU
Vitamin C 138mg
Calcium 763mg
Iron 28mg

THU

FAT 34% CARBS 48% PROTEIN 18%

Calories 2261
Fat 87g
Carbs 279g
Fiber 55g
Sugar 54g
Protein 107g
Cholesterol 659mg
Sodium 2203mg
Vitamin A 19473IU
Vitamin C 279mg
Calcium 1036mg
Iron 32mg

FRI

FAT 33% CARBS 49% PROTEIN 18%

Calories 2231
Fat 83g
Carbs 280g
Fiber 37g
Sugar 47g
Protein 100g
Cholesterol 1131mg
Sodium 2131mg
Vitamin A 10934IU
Vitamin C 168mg
Calcium 926mg
Iron 22mg

SAT

FAT 32% CARBS 48% PROTEIN 20%

Calories 2250
Fat 81g
Carbs 275g
Fiber 40g
Sugar 50g
Protein 115g
Cholesterol 770mg
Sodium 3657mg
Vitamin A 8742IU
Vitamin C 124mg
Calcium 1253mg
Iron 16mg

SUN

FAT 33% CARBS 46% PROTEIN 21%

Calories 2224
Fat 85g
Carbs 260g
Fiber 45g
Sugar 51g
Protein 118g
Cholesterol 482mg
Sodium 3763mg
Vitamin A 13673IU
Vitamin C 172mg
Calcium 1317mg
Iron 16mg

FRUITS

- 1/4 Avocado
- 2 Banana
- 2 1/2 cups Blueberries
- 1 1/2 Lemon
- 1/3 cup Lemon Juice
- 2 Peach

SEEDS, NUTS & SPICES

- 1/4 cup Cashews
- 2 tbsps Chia Seeds
- 2 1/2 tsps Cinnamon
- 1 1/16 tbsps Curry Powder
- 1 1/2 tsps Dried Thyme
- 2 tbsps Greek Seasoning
- 1/4 cup Hemp Seeds
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tsps Taco Seasoning

FROZEN

- 2 1/2 cups Frozen Edamame

VEGETABLES

- 1 cup Arugula
- 2 1/16 cups Asparagus
- 3 3/4 cups Baby Spinach
- 1/2 cup Bean Sprouts
- 1/2 Beet
- 1 1/16 cups Butternut Squash
- 1 1/16 Carrot
- 1/2 head Cauliflower
- 2/3 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 8 Cremini Mushrooms
- 1/4 Cucumber
- 228 grams Fiddleheads
- 4 1/2 Garlic
- 2 1/16 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 4 1/16 cups Mushrooms
- 1 tbsp Parsley
- 1/2 Parsnip
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 Turnip
- 1 1/4 Yellow Onion
- 2 1/16 Yellow Potato
- 1/2 Zucchini

BOXED & CANNED

- 1 cup Basmati Rice
- 3/4 cup Black Beans
- 1/3 cup Brown Rice
- 1 cup Brown Rice Penne
- 8 cups Chickpeas
- 2 1/2 cups Diced Tomatoes
- 3/4 cup Farro
- 1/2 cup Quinoa
- 3 tbsps Salsa
- 1/2 cup Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- 2 Bagel
- 45 grams Cheddar Cheese
- 227 grams Chicken Breast
- 3 slices Gluten-Free Bread
- 71 grams Halloumi
- 113 grams Shrimp
- 298 grams Sourdough Bread
- 255 grams Tofu
- 3 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 1/4 tsps Apple Cider Vinegar
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 1/4 cup Kimchi
- 1 1/2 tsps Mayonnaise
- 1/4 cup Pesto
- 1/4 tsp Sriracha
- 2 1/16 tbsps Tahini
- 1 1/4 tbsps Tamari

COLD

- 2 1/2 cups Cottage Cheese
- 13 Egg
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Tzatziki
- 2 cups Unsweetened Almond Milk
- 3 3/4 cups Unsweetened Cashew Milk
- 1/4 cup Unsweetened Coconut Yogurt

OTHER

- 2 1/16 cups Water

■ 64 grams Whole Wheat Spaghetti

BAKING

■ 1 1/16 tsp Arrowroot Powder

■ 2 tbsps Cocoa Powder

■ 1/2 cup Nutritional Yeast

■ 1 1/8 cups Oats

■ 1/2 cup Pitted Dates

Smashed Edamame & Mushroom Sandwich

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1 1/2 cups Frozen Edamame (thawed)
1 tbsp Lemon Juice
1 cup Arugula
298 grams Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	418	Cholesterol	0mg
Fat	11g	Sodium	487mg
Carbs	57g	Vitamin A	389IU
Fiber	7g	Vitamin C	11mg
Sugar	3g	Calcium	62mg
Protein	21g	Iron	5mg

DIRECTIONS

- 01 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 02 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 03 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add chili flakes and onion powder.

ADDITIONAL TOPPINGS

Add cucumber and tomato.

GLUTEN-FREE

Use gluten-free bread instead of sourdough.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Scrambled Eggs with Toasted Bagel & Peach

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
6 Egg (whisked)
2 Bagel (sliced in half, toasted)
2 Peach (sliced)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	590	Cholesterol	558mg
Fat	21g	Sodium	656mg
Carbs	70g	Vitamin A	1299IU
Fiber	4g	Vitamin C	10mg
Sugar	22g	Calcium	323mg
Protein	31g	Iron	7mg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

GLUTEN-FREE

Use a gluten-free bagel.

Banana Chocolate Protein Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
2 tbsps Chia Seeds
1/4 cup Hemp Seeds
1/2 cup Oats
2 tbsps Cocoa Powder
2 Banana (frozen)
1/4 cup Pitted Dates

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	8mg
Fat	20g	Sodium	202mg
Carbs	68g	Vitamin A	891IU
Fiber	14g	Vitamin C	14mg
Sugar	28g	Calcium	697mg
Protein	20g	Iron	5mg

DIRECTIONS

01 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

PITTED DATES

One serving is equal to approximately two to three dates.

GLUTEN-FREE

Use Gluten-Free oats.

DAIRY-FREE

Use coconut yogurt instead.

NUT-FREE

Use coconut or oat milk instead of almond milk.

MORE FLAVOR

Add a pinch of cinnamon.

MAKE IT VEGAN

Use a vegan yogurt.

Blueberry Cobbler Smoothie

5 SERVINGS 5 MINUTES



INGREDIENTS

3 3/4 cups Unsweetened Cashew Milk
2 1/2 cups Blueberries (fresh or frozen)
2/3 cup Oats (quick or rolled)
2 1/2 cups Cottage Cheese
1/3 cup Pitted Dates
3 3/4 tbsps Lemon Juice
2 1/2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	18mg
Fat	8g	Sodium	396mg
Carbs	31g	Vitamin A	567IU
Fiber	4g	Vitamin C	12mg
Sugar	16g	Calcium	190mg
Protein	14g	Iron	1mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

PITTED DATES

One serving is equal to approximately one to two dates.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

MORE FIBER

Add ground flax seed.

MORE PROTEIN

Add hemp seeds, chia seeds, or a scoop of protein powder.

NO CASHEW MILK

Use any milk of choice.

NO DATES

Sweeten with maple syrup, honey, stevia, or banana instead.

Cheesy Black Bean Toast

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
3/4 cup Black Beans (cooked, mashed)
3 slices Gluten-Free Bread (toasted)
45 grams Cheddar Cheese (grated)
3 tbsps Salsa

NUTRITION

AMOUNT PER SERVING

Calories	271	Cholesterol	201mg
Fat	12g	Sodium	412mg
Carbs	24g	Vitamin A	534IU
Fiber	5g	Vitamin C	0mg
Sugar	4g	Calcium	166mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 02 Spread the mashed black beans evenly overtop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

NOTES

LEFTOVERS

This recipe is best made fresh and enjoyed immediately.

MAKE IT VEGAN

Use a vegan cheese or omit the cheddar cheese completely.

Halloumi & Olive Spaghetti

1 SERVING 20 MINUTES



INGREDIENTS

64 grams Whole Wheat Spaghetti
1/4 cup Water (reserved from cooking pasta)
71 grams Halloumi (sliced)
1/2 cup Diced Tomatoes (from the can, with juices)
Sea Salt & Black Pepper (to taste)
2 tbsps Green Olives (pitted, halved)
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	556	Cholesterol	63mg
Fat	26g	Sodium	1040mg
Carbs	52g	Vitamin A	875IU
Fiber	8g	Vitamin C	17mg
Sugar	5g	Calcium	697mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 02 Warm a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side. Remove and set aside.
- 03 In the same pan, add the tomatoes, salt, and pepper. Let simmer on low heat for about five minutes. Add the olives, cooked pasta, and pasta water. Stir and toss to combine.
- 04 Divide the pasta evenly between plates. Top with parsley and halloumi. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add bell peppers and mushrooms.

ADDITIONAL TOPPINGS

Parmesan cheese and/or basil leaves.

GLUTEN-FREE

Use gluten-free pasta instead.

Roasted Chickpeas

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked, rinsed)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	9g	Sodium	12mg
Carbs	45g	Vitamin A	44IU
Fiber	12g	Vitamin C	2mg
Sugar	8g	Calcium	80mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Whole Wheat Chickpea Wraps

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/3 cups Chickpeas (cooked, rinsed and pat dry)
- 1 1/2 Red Bell Pepper (medium, chopped)
- 1 1/8 tsps Taco Seasoning
- 1 1/8 tbsps Tamari
- 3 3/4 cups Baby Spinach
- 3 Whole Wheat Tortilla (large)
- 1/4 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	14g	Sodium	767mg
Carbs	46g	Vitamin A	5401IU
Fiber	12g	Vitamin C	87mg
Sugar	7g	Calcium	223mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 02 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 03 Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

NOTES

LEFTOVERS

Store leftover mixture in an airtight container in the fridge for up to three days.

SERVING SIZE

One serving is one large wrap.

GLUTEN-FREE

Use a Gluten-Free wrap.

NO COCONUT YOGURT

Omit, or use sour cream or regular yogurt.

Chickpea & Tofu Curry

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, diced)
2 Garlic (cloves, chopped)
255 grams Tofu (firm, drained, cubed)
2 2/3 cups Chickpeas (from the can, drained and rinsed)
2 cups Diced Tomatoes (from the can, with the juices)
1/2 cup Water
1 tbsp Curry Powder
Sea Salt & Black Pepper (to taste)
1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	614	Cholesterol	0mg
Fat	20g	Sodium	69mg
Carbs	78g	Vitamin A	1329IU
Fiber	23g	Vitamin C	29mg
Sugar	22g	Calcium	559mg
Protein	35g	Iron	13mg

DIRECTIONS

- 01 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 02 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 03 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

Fiddlehead & Edamame Pesto Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Brown Rice Penne (uncooked)
228 grams Fiddleheads (trimmed and washed)
1 cup Frozen Edamame (shelled, thawed)
1/4 cup Pesto
2 1/4 tsps Apple Cider Vinegar (to taste)
1/8 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	0mg
Fat	18g	Sodium	344mg
Carbs	59g	Vitamin A	4832IU
Fiber	8g	Vitamin C	35mg
Sugar	4g	Calcium	182mg
Protein	22g	Iron	4mg

DIRECTIONS

- 01 Cook the penne according to package instructions. Drain the pasta and set aside.
- 02 Meanwhile, ensure the fiddleheads are washed thoroughly, removing as much dirt and brown papery husk as possible. Add the fiddleheads to a large saucepan and cover with water. Bring to a boil then lower to a simmer for 15 minutes or until tender and cooked through. Drain and rinse the fiddleheads.
- 03 In a large bowl, combine the penne, fiddleheads, edamame, pesto, apple cider vinegar, and sea salt to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add garlic. Use lemon juice instead of apple cider vinegar. Roast the fiddleheads until browned.

ADDITIONAL TOPPINGS

Add parmesan, capers, cherry tomatoes, or fresh herbs.

FOOD SAFETY

Fiddleheads must be cleaned thoroughly, and boiled or steamed for at least 15 minutes to reduce the potential for food-borne illness.

Green Poutine

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Yellow Potato (medium)
2 cups Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (sliced)
1/4 Yellow Onion (medium, diced)
1 Garlic (clove, minced)
1 1/2 tsps Dried Thyme
1/2 cup Vegetable Broth
1 tsp Arrowroot Powder
1 cup Butternut Squash (peeled and cubed)
1/2 cup Water
1/4 cup Cashews
1/2 cup Nutritional Yeast
1/2 Lemon (juiced)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	619	Cholesterol	0mg
Fat	22g	Sodium	293mg
Carbs	77g	Vitamin A	8902IU
Fiber	19g	Vitamin C	72mg
Sugar	10g	Calcium	154mg
Protein	34g	Iron	12mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 03 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 04 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 05 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 06 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Tahini, Quinoa & Roasted Veggie Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 head Cauliflower (cut into florets)
1/2 Carrot (chopped into 1 inch rounds)
1/2 Beet (chopped into 1 inch pieces)
1/2 Turnip (chopped into 1 inch pieces)
1/2 Parsnip (chopped into 1 inch pieces)
1 cup Chickpeas (cooked, drained and rinsed)
1 1/2 cup Quinoa (uncooked)
3/4 cup Water
2 tbsps Tahini
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
2 cups Kale Leaves

NUTRITION

AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Carbs	74g	Vitamin A	3604IU
Fiber	17g	Vitamin C	110mg
Sugar	13g	Calcium	253mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 Preheat the oven to 420°F (215°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Kimchi, Egg & Rice Bowl

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Basmati Rice (uncooked)
1 1/3 tbsps Extra Virgin Olive Oil
8 Cremini Mushrooms (quartered)
4 Egg
1/2 cup Bean Sprouts
1/2 cup Matchstick Carrots
1/4 cup Kimchi
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	627	Cholesterol	372mg
Fat	19g	Sodium	398mg
Carbs	89g	Vitamin A	2796IU
Fiber	5g	Vitamin C	4mg
Sugar	4g	Calcium	72mg
Protein	25g	Iron	3mg

DIRECTIONS

- 01 Cook rice according to package instructions.
- 02 Heat the oil in a pan. Add the mushrooms and cook until golden brown, about five minutes. Remove from pan.
- 03 Add the eggs to the pan and cook until the whites are set and the yolks are cooked to your liking. Remove from pan.
- 04 Divide the rice evenly between bowls. Top with mushrooms, bean sprouts, carrots, kimchi, and eggs. Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Cook the eggs in sesame oil. Serve with soy sauce.

Farro, Chicken & Tzatziki Meal Prep Bowls

2 SERVINGS 35 MINUTES



INGREDIENTS

3/4 cup Farro (uncooked, rinsed)
227 grams Chicken Breast (boneless, skinless, cubed)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 Lemon (medium, juiced)
1 Garlic (cloves, minced)
2 tbsps Greek Seasoning (divided)
1/2 Zucchini (small, sliced)
1/2 Red Bell Pepper (large, sliced)
2/3 cup Cherry Tomatoes
1/2 cup Red Onion (sliced)
1/4 cup Tzatziki (divided)

NUTRITION

AMOUNT PER SERVING

Calories	556	Cholesterol	88mg
Fat	17g	Sodium	2055...
Carbs	59g	Vitamin A	1553IU
Fiber	7g	Vitamin C	62mg
Sugar	8g	Calcium	123mg
Protein	39g	Iron	2mg

DIRECTIONS

- 01 Cook the farro according to the package directions.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 In a bowl, add the chicken, 3/4 of the oil, lemon juice, garlic, and half of the Greek seasoning, and mix to combine. Set aside.
- 04 Add the zucchini, bell pepper, tomatoes, and onion to the baking sheet. Add the remaining oil and Greek seasoning. Toss to coat. Cook for 15 to 20 minutes or until the vegetables are cooked to your liking.
- 05 While the vegetables are cooking, heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded. Cook for seven to eight minutes per side or until cooked through and browned.
- 06 Divide the farro, vegetables, chicken, and tzatziki evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in airtight containers for up to three days.

DAIRY-FREE

Use dairy-free tzatziki instead.

ADDITIONAL TOPPINGS

Cucumbers, olives, feta cheese, fresh dill, fresh parsley.

NO GREEK SEASONING

Use Italian seasoning or a combination of oregano, dried parsley, garlic powder, and onion powder.

Spicy Shrimp Sushi Bowls

1 SERVING 30 MINUTES



INGREDIENTS

1/3 cup Brown Rice
113 grams Shrimp (large, peeled, deveined)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Mayonnaise
1/4 tsp Sriracha
1/4 tsp Tamari
1/2 Carrot (shredded)
1/4 Cucumber (sliced)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	564	Cholesterol	185mg
Fat	22g	Sodium	327mg
Carbs	63g	Vitamin A	5294IU
Fiber	7g	Vitamin C	9mg
Sugar	4g	Calcium	108mg
Protein	30g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

ADDITIONAL TOPPINGS

Sesame seeds and/or lime zest.